



## **AYURVEDA WEEK**

### **9-13<sup>th</sup> November 2020**

Swami Vivekananda Cultural Centre, Embassy of India, Seoul popularly known as Indian Cultural Centre is organising Ayurveda Week in association with Yongsan district of Seoul and Wonkwang Digital University from 9-13<sup>th</sup> November 2020.

Ayurveda is the oldest system of healthcare in the world. The Sanskrit word Ayurveda means ‘knowledge of life’. It is believed that diseases are the result of imbalances among the body, mind, consciousness and environment. The treatment would therefore, aim at eliminating or minimizing the causes of imbalance, which involves combination of internal purification, special diets, herbal remedies, massage therapy, Yoga and meditation.

Ayurveda Day which falls on 13<sup>th</sup> November also coincides with Dhanwantari Jayanti, revered to be as the ‘God of Health’, which aims at promoting Ayurveda for health globally. It is a global initiative to promote and preserve the health science of Ayurveda. It embodies the principles of natural and sustainable living and this day is aimed to promote the UN-WHO Sustainable Development Goal 3 (Ensure healthy lives and promote well-being for all at all ages) by raising awareness about the strong role that Ayurveda can play in the realisation of this goal. Ayurveda Day is also supported by the Ministry of AYUSH, Government of India and the Indian Council for Cultural Relations.

Ayurveda is poised to complement Yoga as a system that together enables physical-mental-spiritual well-being. It is also an embodiment of the principles of natural and sustainable living. Yoga and Ayurveda are corresponding systems of alternative therapy with enhanced focus on health, spirituality, and well-being. On the one hand, Yoga seeks to unite body, mind, and spirit through meditation, breath control and physical exercises, Ayurveda on the other, seeks to cure and prevent disease by harmonising our life with the rhythms of nature. This integrative science of healing bonds us with nature along with respecting the limits of our ecosystem.

Given the context of the current Covid-19 pandemic including restrictions on the movement of people and a slowdown in our daily activities, Indian Cultural Centre is organising this Week-long virtual discussion on the occasion of Ayurveda Day through video conference and other social media platforms. This Week-long celebration will feature 4 Special Lecture on diverse themes of Ayurveda. On the fifth day, an International Symposium on Ayurveda is scheduled where leading experts on Ayurveda and Traditional Medicine in India and Korea will be speaking and presenting their thoughts for exchange of knowledge on traditional medicine in both the countries.

During these unprecedented times of pandemic, when not only individuals, nations but the whole of humanity is going through a period of crisis, it is the ‘Natural gift of Ayurveda’ that can best help everyone sail through and stay healthy and happy in a positive state of mind which are highly relevant today.

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**Programme Schedule on 13th November 2020**

**'International Symposium on AYURVEDA : Traditional Medicine in India & Korea**

<b>Time (KST)</b>	<b>Programme</b>	<b>Speakers</b>
15:00-15:05	Introduction of the program	Dr. Sonu Trivedi, Director SVCC, Seoul
15:05-15:08	Welcome Address	H. E. Ms. Sripriya Ranganathan, Ambassador of India to ROK
15:08-15:10	Congratulatory Message	H. E. Mr. Seong Jang-hyun, Mayor of Yongsan District Office
15:10-15:20	Keynote Speech	Prof. Tanuja Nesari, Director of All India Institute of Ayurveda
15:10-15:20	Special Address	Dr. Seo Jong-soon, Dean of Yoga & Meditation Dept. Wonkwang Digital Univ.
15:20-15:30	Special Address	Dr. Ram Manohar, Research Director, Amrita School of Ayurveda
15:30-15:45	Presentation by Korean speaker	Dr. Ko Kyung-ha, Director of Shriveda
15:45-16:00	Presentation by Korean speaker	Dr. Lee Jae-hee, Director of Haneul Hyanggi Oriental Medical Clinic
16:00-16:15	Presentation by Korean speaker	Dr. Song Han-young, CEO of Vedalife
16:15-16:30	Presentation by Korean speaker	Mr. Baek Dusan, Pursuing MD in Gujarat Ayurved Univ.
16:30-16:50	Live interaction with participants/ Open House Discussion	Open to all
16:50-17:00	Concluding Remarks and Discussion on Future Agenda	